



Weill Cornell Medicine

Your Blood, *Under Pressure*

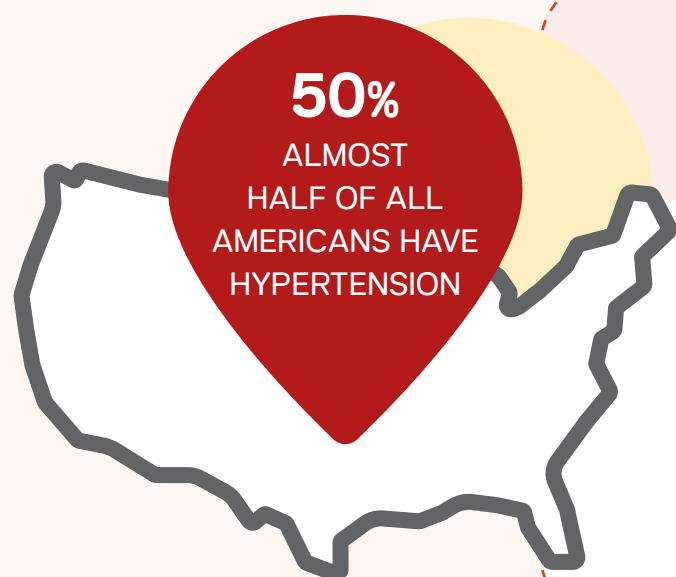


Think you know blood pressure?
Test your knowledge with these true-or-false statements.

I have hypertension if my blood pressure level stays above 130/80 mm Hg.

✓ **True.**

Healthy, normal blood pressure stays at or below 120/80 mm Hg. **Hypertension occurs once your blood pressure is consistently at or above 130/80 mm Hg.**



High blood pressure is only an adult problem.

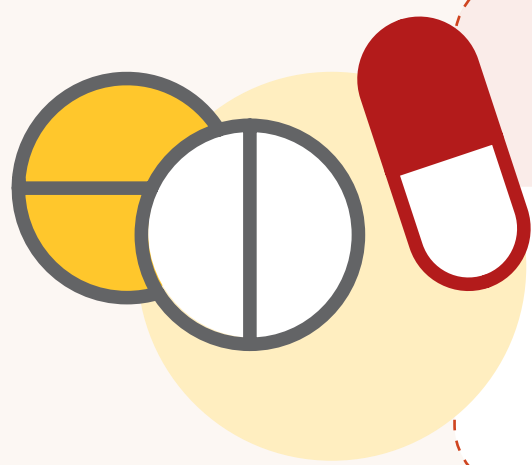
✗ **False.**

According to the Centers for Disease Control and Prevention, almost half of all American adults have hypertension. **Additionally, a rising number of children have pediatric hypertension.**

Living with hypertension isn't all that dangerous.

✗ **False.**

High blood pressure **increases your risk for heart disease, stroke, vision or breathing problems** and other unwanted health issues.



Lifestyle changes are all I need to lower my blood pressure.

? **It depends.**

Healthy lifestyle changes can help manage high blood pressure, but **sometimes medication is needed** to maintain healthy levels.

If my life has little stress, I don't have to worry about blood pressure.

✗ **False.**

While unmanaged stress may lead to the development of hypertension, there are other risk factors. **Diabetes, lack of exercise, genetics and excessive alcohol intake** can all increase your risk for hypertension.



Visit weillcornell.org/doctors to find a doctor
at Weill Cornell Medicine for help managing your blood pressure.



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